WORKOUT LOG

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| **Strength/Weigh to:**  |  |  |  |  |  |  | **Date:** |  |  |
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| **Exercise** | **Sets #** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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**Cardio/Other:**

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| **Exercise** | **Time** | **Dist** | **Int\*** | **Time** | **Dist** | **Int** | **Time** | **Dist** | **Int** |
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**\*Intensity: L ‐ Light / M ‐ Moderate / V – Vigorous**